



ATHLETIC HANDBOOK
2020-2021

To the Parents and Student-Athletes:

Welcome to the 2020-2021 athletic season at Fellowship Academy of Kennedale. You are now part of the Mustang Athletic Program, which began in 2002 with 6th grade soccer, volleyball, and basketball and has since expanded to 20 teams across 11 different sports in grades 6th – 12th. Athletics, rightly understood as an integral part of education, compliments our greater mission at Fellowship Academy. Lessons of commitment, teamwork, tenacity and overcoming adversity are advanced on our courts and fields. It is in the midst of “running the race to win the prize” that our student-athletes experience great life lessons. These lessons go beyond the x’s and o’s and into the heart of each one as they develop a love for Christ and service to those around them. Along the way, our programs also provide wonderful opportunities to strengthen the larger community of Fellowship. Relationships built on the sidelines provide cohesiveness among our parents as they support their children. Your enthusiastic participation is important as we continue to seek to honor God through our athletic program.

This handbook contains the philosophies, policies, and guidelines which govern the Fellowship Academy Athletic Program, as well as some of the more important rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive in nature, there will inevitably be situations that occur that are not outlined in this handbook. Having a common understanding of the rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s). The athletic office must have a current, signed Acknowledgement Form (located at the end of the handbook) on file before a student-athlete can participate.

I am a Mustang!

Marilyn Dardenne
Head of School

Jayson Lewis
Boys Athletic Director

Julie White
Girls Athletic Director

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ATHLETIC CREED

Over the years, there have been many sayings, mottos, and phrases that have helped to define who and what a Fellowship Academy Mustang is. During a pregame speech, Dr. D.L. Moody recited a Creed that has evoked the very essence of Fellowship Academy. Since that time, the athletes, coaches, and athletic department have adopted this Creed as their cry to excellence and what God desires from a Mustang.

I AM A MUSTANG

I am a Mustang of Fellowship Academy. The Lord Jesus Christ is my commanding officer. The Holy Bible is my code of conduct. Faith, prayer, and the Word are my weapons of warfare. My coaches are my authority on the field and I will submit and obey their instruction and commands.

I am a volunteer on this team, and I am committed to success. I will respect, honor, and give my all for my teammates and fans; but I will not get out, sell out, be talked out, or pushed out. I am faithful, reliable, capable, and dependable. If my coach needs me, I am there. If he needs me to play, pray, praise, pack up, or pick up trash, he can use me because I am there! I am a Mustang.

I am not a baby. I do not need to be pampered, petted, primed up, pumped up, picked up or pepped up. I am a Mustang. No one has to call me, remind me, write me, visit me, entice me, or lure me. I am a Mustang. I am not a wimp. I am in place, supporting my team, obeying my coaches, respecting my opponents, honoring the officials, playing by the rules, and making a Mustang fan very proud that I am on the team! No one has to send me flowers, gifts, food, cards, candy or give me handouts. I do not need to be cuddled, cradled, cared for, or catered to. I am committed. I cannot have my feelings hurt bad enough to turn me around. I cannot be discouraged enough to turn me aside. I cannot lose enough to cause me to quit. When I was accepted onto this team and put on the uniform I ceased to be merely about myself. I am about God, family, and team.

I WILL WIN. My God has and will continue to supply all of my needs. I am more than a conqueror. I will always triumph. I can do all things through Christ. Devils cannot defeat me. People cannot disillusion me. Weather cannot weary me. Sickness cannot stop me. Battles cannot beat me. Money cannot buy me and hell cannot handle me. I am a Mustang.

When the final seconds tick off the clock and the horn sounds at the end of the game... I will walk off the field exhausted from giving my best effort but my head will be held high, knowing that what I have just done was the best that I could give. My greatest sense of satisfaction will come by way of an approving smile from my coach on the field and a silent but certain declaration from the great God I serve saying, "Well done thou good and faithful servant."

MUSTANG MINDSET

We remind our student-athletes that they are equally responsible for governing their behavior and building character in the Athletic Program as they are in the classroom and school in general. Fellowship uses the following principles to help keep this in focus, and they apply in every arena of a student-athlete's life.

1. Listening and Learning Attitude (Proverbs 19:20)
2. Instant and Joyful Obedience (Proverbs 10:17)
Obeying quickly, completely, and without complaining
3. Diligence to Duty (Galatians 6:9; Philippians 3:14)
Being where I'm supposed to be, doing what I'm supposed to be doing,
when I'm supposed to do it, as well as the task can be done
4. Respecting myself and Others (Luke 6:31)
Doing unto others as I would have them do unto me
5. Respecting Property (1 Peter 4:10)
Being good stewards over all that is given to us

It can not be overstated how much these principles are relevant in sports and academics.

ATHLETIC PROGRAM PROFILE

Mascot – Mustangs and Lady Mustangs

Colors - Red, Royal Blue, White

Leagues - Texas Association of Private and Parochial Schools (TAPPS) for grades 9-12

Classification - TAPPS 3A

Sports:

Grades 9-12: Football, Volleyball, Cheerleading, Cross Country, Basketball, Golf, Softball,
Baseball, Track

Grades 6-8: Football, Volleyball, Cheerleading, Basketball, Track

STATE CHAMPION Athletes

Track –2019, 2017, 2010

STATE FINALIST Athletes

Track –2019, 2017, 2016, 2015, 2012, 2011, 2010, 2009

Golf – 2016, 2015, 2014, 2012, 2011, 2010, 2009

Softball - 2016

REGIONAL FINALISTS

Football (6-man) – 2009, 2008 Boys Basketball – 2010, 2009

Girls Basketball - 2016, 2015

Softball – 2019, 2016, 2015

DISTRICT CHAMPIONS

Volleyball – 2008

Football (6-man) – 2009, 2008

Softball - 2019, 2017

Contact Information – Fellowship Academy, Department of Athletics

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ATHLETIC PROGRAM

VERSE

“Don’t you realize that in a race everyone runs, but only one gets the prize? So run to win!”

~ 1 Corinthians 9:24

VISION

“Prepare student-athletes to champion L.I.F.E” with leadership, integrity, fortitude, and effort.

MISSION

“To impact your development in Christian faith, character and servant leadership through competitive sports. We want to help you “run the race to win”.

MOTTO

ALL MEANS ALL – Start, fight, finish, with God.

With the above as the foundation for our entire Athletic Program, we want to further these concepts with the following:

PURPOSE

The Fellowship Academy’s Athletic Department exists to help fulfill the mission of the school: The mission of Fellowship Academy is to provide the opportunity for every child to have a well-rounded Christian educational experience and build Christian leaders to serve the community.

PHILOSOPHY

FA athletics helps to discover and uncover the talents, gifts, and purpose God has given each one of us. We will work with excellence and meet every challenge with the intensity and commitment that God deserves from his people. We will strive to pass on the knowledge we have gained to the younger generation and teach them what it means to be a Mustang.

We will:

- Do the Work
 - “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” (Col 3:23-24)
- Be a Team Player
 - Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.” (Ecc 4:9-10) “As iron sharpens iron, so one man sharpens another.” (Prov 27:17) “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you

should look not only to your own interest, but also to the interests of others.”
(Phil 2:3-4)

- Develop a relationship with the Lord
 - “Set your minds on things above, not on earthly things.” (Col 3:2) “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Cor 5:17)
- Develop the Body
 - “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.” (2 Cor 6:19-20)
- Develop the Mind
 - “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2Cor 10:5)
- Serve Others
 - “Dear friends, since God so loved us, we also ought to love one another.” (1 John 4:11) “For where your treasure is, there your heart will be also.” (Mat 6:21)
“Serve wholeheartedly, as if you were serving the Lord, not people” (Eph 6:7)

The Fellowship Academy Athletic Department acknowledges the following order of priorities in our school – 1) God, 2) family, 3) academics, and 4) athletics. When this order is followed, it gives student athletes the opportunity to be balanced spiritually, physically, mentally, and emotionally.

GOALS

Based on our philosophy, our athletic department’s team goals are:

Excellence – Our programs are focused on discipleship that honor God and are well managed and well executed.

Success – Success is reaching maximum potential both individually and as a team. We will emphasize the individual goal of Academic All-State to all of our students in grades 11 - 12. Being a great student and a great athlete is a difficult task, an admirable goal and a worthy accomplishment.

Sacrifice – Always remember that team comes before individual. We will strive to mentor and train our teams to be sacrificial in their attitude and actions toward their peers. It is our desire that our athletic community – coaches, players, and parents – participate in such a way that honors God and conveys a positive witness to those around us. We will be modest in victory and gracious in defeat. Winning on the scoreboard should be one of our goals but losing can many times present beneficial learning opportunities.

TEAM LEVEL PHILOSOPHY

To be consistent throughout our athletic programs, Fellowship Academy uses the rules and regulations set forth through our varsity programs such as NCAA, NFHS, and TAPPS to govern ALL our athletic programs including elementary and Junior High sports. This is in the absence of any policy or regulations set by leagues that govern the above level of participation.

We recognize the normal stages of a child's development and provide appropriate opportunities in athletics:

Junior High Programs (6th - 8th grades) encourage participation and experimentation and establish a love for the game. The fundamentals of the game will be strongly emphasized. Tryouts are for the purpose of team placement based on skill and ability. Every athlete in our Jr. High programs will play in every game (including tournaments, championships, etc.) unless a player fails to maintain expectations regarding behavior, academics, or practice attendance. Coaches will do their best to provide as much playing time to each individual as possible, but it is not required that each player play the same amount of time. Junior High athletics will work to develop skills and technique as well as introduce the concept and critical need of "teamwork". And finally, athletics at this stage provides first time excitement of wearing Fellowship Academy school colors in sports.

Junior Varsity Programs (9th – 11th grades) strive to further a love for the game, continue to develop fundamental skills, and help athletes understand and execute more advanced level strategies and schemes. Tryouts are for the purpose of team placement onto varsity teams based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Playing time is at the discretion of the coach.

Varsity Programs (9th – 12th grades) strive to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills, and understand "team-first" responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct, and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

CUTTING

Although we would prefer to allow every athlete to participate in any sport, there are circumstances that may require try-outs and the cutting of athletes. Some of the reasons for cutting may include:

1. The number of athletes that come out for the particular sport
2. Limited number of teams
3. Limited number of coaches
4. Limited amount of gym availability

Whatever we do we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

TRYOUTS

Tryouts allow coaches to place like-skilled players together which aids in each player's development. Tryouts can be one day to five days, depending on the sport and grade level. If a student misses tryouts, he/she will be placed on the lower level team if spots are available. Special considerations may be made by the coach if a player misses try-outs due to injury.

Coaches reserve the right to pull players up from lower level teams at any time.

Important – a roster spot on any one team in a previous year does not guarantee the same spot on the same team in the current year. For example, a junior basketball player who earned a varsity spot last year as a sophomore is not guaranteed to make the varsity basketball roster in his junior year.

COMMITMENT TO A TEAM: 365 Day Rule

1. A student has 10 practice days from the first day of official practice to participate with a team, without consequence, if they decide to leave the team.
2. Any student who leaves a team after the 10 day "grace period" will become ineligible to participate in ANY sport for a one calendar year period beginning the date that he/she leaves the team.
3. This rule also applies to any athlete who has been removed from a team for discipline purposes.
4. Leaving a team – season ending injury, poor health status, family emergency, or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach, and/or Director of Athletics. A student-athlete may still be eligible for a varsity letter in this circumstance, and he/she will still be eligible for his/her next season sport.

30% RULE

1. If a student decides to play a sport after the season has begun, and there is a spot available on the team, he or she cannot qualify for end-of-season school awards or TAPPS honors if they miss 30% of the season.
2. Eligibility for a sport begins at the beginning of that season on the first day of practice.
3. For some who may play another sport that overlaps seasons, eligibility begins when one season ends, and the next sport of choice begins. (For example, a basketball player may join softball late without consequences because basketball made the playoffs.)

MULTIPLE SPORTS AND ACTIVITIES

We encourage athletes to be well-rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Regarding multiple sport participation (lifetime and team sports), student-athletes may participate in multiple team sports at the same time, but must seek permission from the Director of Athletics who will arrange to meet with coaches and student. To receive permission:

1. The Director of Athletics, coaches of both sports, student, and possibly parents must meet to agree.
2. A priority will be declared in case of scheduling conflicts and agreed upon by coaches.
3. If the student misses a practice and/or game for the other sport, he or she may incur the natural consequence of reduced playing time, but it is not a penalty.
4. Good, open communication between student-athlete, his/her parents, and coaches are tantamount.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. drama, drumline, etc.) program and on an athletic team at the same time if leadership from both activities are notified. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents and team or department leadership before the season begins as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

GENERAL POLICIES

SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, and coaches coach the game... no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Any member of the Mustang community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

SPIRITUAL GROWTH

Fellowship Academy athletics fosters the attitude of service before self. We do this by serving in the community as well as devotional programs in each sport. Each sport is encouraged to schedule at least one service/outreach project in the community. Each coach is responsible for

developing a devotional program that allows the Word of God to become part of the team. This may be in the form of daily devotions, weekly athlete testimonies, etc. We encourage all coaching staff to mentor their athletes to become Godly young men and women. Our sports chaplain is available for student-athletes separate from the school's chaplain if they wish to discuss any spiritual matters related to sports or in general.

SCHEDULING

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since some of our coaches are part-time, there will most likely be a few changes throughout the season due to their work schedules.

TRANSPORTATION AND TRAVEL

All athletes must travel in vehicles provided by the school to all practices and games, or travel with parents who have been approved by the school. An athlete may ride home from a practice or game with a parent of that athlete. Students will not be allowed to drive to games, but this will be at the discretion of the Athletic Administration.

TEAM LUNCHES

Team lunches will be restricted to High School teams only. Due to limited time and space, each team will be allowed to have up to FIVE team lunches throughout the season. Coaches and athletic administrators are not responsible for providing for or planning team lunches. This is strictly left up to the parents of the members of that team.

SEVERE/INCLEMENT WEATHER

Any changes to published schedules due to bad weather will be updated on our website as soon as an affirmative decision can be made. If lightning is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes have passed since the last visual evidence of lightning. For outdoor practices, heat and humidity are closely monitored. Where possible, practices will be scheduled in the coolest times of the day. Practices will not be held outside in a heat index of 110 or above or if the temperature or wind chill factor reaches 32 degrees.

FUNDRAISING

Fellowship Academy Athletics raises funds annually through sport specific fundraisers, our Booster Club, and from individual gifts. Requests for funds are to meet three specific objectives.

- The first is to provide financial assistance to those athletes who cannot afford the fees required for team sports.

- The second objective is to provide enhancements to our team sports programs such as new uniforms, equipment, technology, and supplies. These enhancements can often generate unexpected needs that extend beyond our operating budget.
- Finally, with our athletic department always looking to improve and build fields, facilities, etc. We look to provide on-site facilities to our athletes when possible. These facilities are above and beyond any budgets from the athletic department.

ATHLETIC BANQUET

Fellowship Academy acknowledges athlete's accomplishments at the Athletic Banquet. The banquet recognizes the accomplishments of the teams as well as individual athletes. There are special awards given out as well as TAPPS recognition and specific team awards. This is a time of celebration and recognition of our athletes. This is not a time for coach's meetings or complaints. Our athletes deserve to be praised no matter whether we agree with the decisions or not. Please refrain from any negative comments or gestures during this event.

Each year, a special award, the Mustang Award, will be given to those athletes in 9th-12th grade who played three or more sports, JV or Varsity. At the end of their four years of participating in Athletics at Fellowship, those who received the Mustang Award every year will be eligible to receive the Elite Mustang Award as a Senior.

PICTURES

There will be individual and team pictures taken during every season. These pictures are used for program, yearbook, and marketing purposes. These pictures are also available for purchase from the vendor. There will be NO makeup for absences during picture day, so please make every effort to have your son/daughter at school during scheduled time with a complete uniform. No athlete will be allowed to participate in team pictures without proper uniform.

SUBSTANCE ABUSE

The school vigorously opposes student use, possession, or distribution of tobacco or alcohol in any form, on campus or off campus. Violation subjects a student-athlete to disciplinary action deemed appropriate by the coaching staff and administration. Penalties could include multiple-day suspension, permanent removal from the team, or expulsion from school. Students are not permitted to use, possess, purchase or distribute illegal drugs, including athletic performance enhancement drugs. Violation subjects the person(s) involved to disciplinary action and may lead to the involvement of local law enforcement. Athletic performance enhancing drugs are detrimental to the health of the student and are never an acceptable alternative to hard work. Fellowship Academy reserves the right to conduct random drug testing of any and all high school athletes throughout the year.

GAMBLING

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

HAZING

Hazing is defined as subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Violation subjects the person(s) to disciplinary action.

LOST AND FOUND

Coaches require athletes to be good stewards of all personal articles, equipment, and facilities. Should an item be lost or misplaced, it may turn up in one of the two lost and found areas – one, just inside the main doors of the school, and a second, in the athletic offices.

INDIVIDUAL WEBSITES

Fellowship Academy continues to work hard to maintain continuity in brand and communication between parents, community, press, and athletes. Any unauthorized websites, Facebook, Twitter, or other social media websites or communication that represents any FA teams or programs are strictly prohibited without the express written permission of the Director of Athletics and School Administration. Students may create their own website or social media page for the purpose of recruitment to a higher education, however, any use of video or pictures that are property of Fellowship Academy would need to be approved through the athletic office prior to publishing.

REQUISITES FOR PARTICIPATION

Each FA student-athlete desiring to participate in Mustang athletics must have the following completed and signed documents on Rank One before the first day of participation in any given sport:

- Acknowledgement of Athletic Handbook
- TAPPS Medical History & Physical Evaluation Form
- TAPPS Concussion Form
- TAPPS Sudden Cardiac Arrest Form
- TAPPS Student Acknowledgement Form
- TAPPS Steroid Use Agreement Form
- TAPPS Transfer Form (if transferring from another school and going into either the 10th, 11th or 12th grade)

If all forms have not been completed on Rank One before the first scheduled day of participation, the student-athlete cannot not join the team for tryouts or practices until received. All of the aforementioned documents can be found on the Rank One website. In addition to the above required documentation, a student-athlete must not have any outstanding athletic fee payments or outstanding uniform/equipment items.

IMPORTANT – No student-athlete will be allowed to participate in their next sport if either fees or uniforms have not been turned in.

STUDENT-ATHLETES

CODE OF CONDUCT

Student-athletes shall conduct themselves in a way that brings positive recognition to God, Fellowship Academy, their team, their sport and themselves. A student-athlete reflects the mission and identity of the school, no matter where he/she is. Student-athletes are expected to behave at all times with consideration for others in thoughts, word, and deed, and student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members. Playing sports is a privilege not a right, so your conduct can and will determine if you get to keep that privilege.

AGE/GRADE ELIGIBILITY

For participation in athletics, students entering the 6th grade must be 12 years old or younger, and students entering 7th and 8th grade must be 14 years old or younger on September 1st of the current school year. For participation in TAPPS, students must be less than 19 years old on September 1st preceding the TAPPS contest. Eighth grade students are not eligible to participate on or against varsity teams.

ACADEMIC REQUIREMENTS

We are moving to a nine-week grading cycle for the 2020-21 school year. A 6th – 12th grade student who receives a failing grade in any class at the end of the grading cycle will be ineligible for a minimum of three weeks. A student may regain eligibility at the end of the three-week period if he/she is passing that same class.

A student who misses school due to athletic competition is responsible for keeping up with his or her schoolwork. Any work that is due during a period that the student will miss should be turned in before the class period. Any tests that the student will miss should be taken ahead of time if possible. Otherwise, the student is responsible for working out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should a student fail to talk with a teacher whose class he or she will miss at least a day ahead of time.

PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

1. Clearance from Previous Sport – Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, uniform and/or equipment was in good condition and checked in, post-season forms completed, etc.
2. In good academic and moral standing - Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are suspended from school.

Practice and Game Attendance

- A. Student-athletes must attend at least 2.5 hours of the school day to participate in a practice or a game. The only exception to this rule is if the absence is caused due to a school event (field trip, college visit, etc.), an approved medical appointment (must have a note from doctor), or family emergency (funeral, etc.).

- B. Parents and student-athletes need to recognize that absences from practices will hinder skill development and physical conditioning as well as jeopardize team unity. Time missed from a sport team practice will influence an athlete's performance and often his/her position with the team.
- C. When a conflict with a practice or game, we expect students to honor their commitment to the athletic program and their teammates.
- D. When a family event causes the student-athlete to be absent from a practice, the situation should be communicated to the coach at the earliest possible moment, preferably at the beginning of the season and not the same day of the conflict (this does not include family emergencies which are unpredictable and managed differently). More specific policy may be applied at a coach's discretion and will be spelled out in writing prior to the first day of practice.
- E. When a student plays a sport outside of their school sport like select or club, **the student's first priority will be to the school sport when a conflict arises.**

TIME COMMITMENTS

Junior High (6th – 8th grades) – four day a week commitment with two practices and two games or three practices and one game. Football may require a five-day commitment depending on game schedule in a particular week. Practice length for all sports will not exceed 2 hours. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays with one exception - if a game is scheduled on the day immediately following a Monday holiday, practice can be held on Monday evening. Playing a game after several days off can become a safety/health issue for the kids. No games will be played during finals week.

High School - Junior Varsity/Varsity (9th-12th grades) – five to six day a week commitment. Practice length for all sports will not exceed 2 hours per day, in addition to the one-hour athletic period. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays and across some school holidays depending on the sport and season. NO practice or games will be held on Good Friday.

Note:

Football (Fall) – State playoffs occur the Saturday immediately before and the Saturday immediately following Thanksgiving Day. If the football team is in the playoffs during this time, practices will be held daily, including the morning or late evening of Thanksgiving Day.

Basketball (Winter) – Practices may be held during the first three days of Thanksgiving week. District games may start the first week of December. With no games being played the week of finals or the first week of the Christmas holidays, practices and/or games may be held the second week of the Christmas holidays to prepare teams for district competition.

Baseball (Spring) – District games start the week before spring break. Practices and/or games may be held over the week of spring break to prepare teams for district competition.

INJURIES

The athletic trainer and/or personnel of Ben Hogan Sports Medicine are responsible for the treatment and rehabilitation of injured athletes. The trainer should be notified in the event of any injury requiring treatment. Injured athletes must be seen by a certified athletic trainer or doctor for evaluation before being released for participation, and no treatment and/or rehabilitation program will be discontinued until authorized by the head athletic trainer. Injured athletes, regardless of grade, are still required to attend practice unless treating and/or rehabilitating an injury, or as approved by the Head Coach. Athletes missing a practice or a game for training must first get permission from their coach. It is the player's responsibility to communicate with the coach.

IMPORTANT: Not following injury protocol without prior approval of head coach or athletic administration may be grounds of action including removal from a team and/or the inability to participate in future athletic events.

STEWARDSHIP

All student-athletes are expected to be good stewards of all equipment, facilities and uniforms entrusted to them. Locker rooms, weight room, and training facilities are expected to be clean and orderly at all times. Student-athletes should use assigned lockers to store their uniform, equipment and personal items.

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are issued team uniforms and are expected to take great care of the uniforms. If a student athlete is missing a uniform or uniform-piece the day of a game, another uniform will not be issued, no exceptions. If a uniform is lost and cannot be found, another uniform will be issued out (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement cost of each uniform piece (top, or bottom) is \$75. The replacement cost for a uniform top and bottom would \$150.

Each coach will determine team dress code when traveling to an away game. All practice gear at all times should be Fellowship Academy athletic apparel, or as appointed by the Head Coach.

LETTERING POLICY

Varsity Letters are earned for significant contributions to a varsity team (not sub-varsity) either in playing time or servant-leadership. Being on a varsity roster does not mean that a varsity letter will be earned. Student-athletes in grades 9-12 can earn a varsity letter in a sport under these qualifications:

Playing/Participation Time – varies by sport as agreed upon by the Varsity Head Coach and Athletic Director. These requirements will be communicated to athletes and their parents at the beginning of each sport season.

OR

Servant-Leadership – for those team members who do not meet the minimum playing time requirement, they may qualify for a varsity letter under servant-leadership by demonstrating commitment, positive attitude, and enthusiasm and serving the team in a significant way throughout the season, as decided by the Head Coach.

AND

Completion of season – a team member must complete the season on the team's roster. If a player quits a team or is dismissed from a team, he or she will not qualify for a varsity letter. If an injury or season ending injury impacts the minimum playing/participation time qualification, then it is up to the discretion of the Varsity Head Coach and Athletic Director to determine whether or not the playing/participation time qualification would have been met based on to-date contribution at the time of the injury.

Letter jackets may not be purchased prior to a student-athlete earning his/her first varsity letter, regardless of season in which they earned it. The athletic department keeps on-file a list of student-athletes that qualify for varsity letters and it will notify student-athletes and their parents within one week of the end of the sport season in which he/she participates who has qualified for a varsity letter.

F.A.S.S.T

(Fellowship Academy Speed & Strength Training)

Being an athlete at Fellowship Academy (FA) is a year-round commitment. If a student participates in a sport, he/she is required to enroll in the FA athletic period also known as FASST (Fellowship Academy Speed & Strength Training). The only exception is a student who participates in a lifetime sport ONLY (See LIFETIME SPORTS section). FASST is a class that is part of the school day. In an effort to continue to build a successful athletic program, be eligible to play sports, and receive school credit (1/2 credit per semester) athletes must make a solid commitment to participate in FASST.

Athletic Administration, Program Directors (Varsity Head Coaches) and Strength & Conditioning personnel will, in accordance with league rules, provide both mandatory and/or voluntary opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year. This is a school year commitment not only to the student athlete but also to teammates and should be taken seriously.

FASST ATTENDANCE AND CREDIT POLICY

- At FA, in order to pass and receive credit for any class, including FASST, the student must be present for at least 90% of the total days of classes. Being present, dressing-out, and participating are all factors that will affect overall attendance which will determine whether credit is given.
- If a student does not participate in FASST at least 90% of the time, ½ Credit (CR) for the semester course will not be earned in FASST/Athletics. Before participating in their next sport, the ½ credit must be recovered in the following semester at the discretion of the Athletic Administration.

- Special circumstances (an injury receiving physical therapy in place of FASST, or an illness that the student is under a doctor's care) will be reviewed by the FASST coach and the Athletic Administration.

In FASST, attendance is marked according to the following key:

A - Absence Student who is not present in FASST, whether excused or unexcused absence, will be counted absent. Each one WILL COUNT AS ONE ABSENCE towards the total count.

T—Tardy Student who is late to FASST more than 5 minutes will be counted tardy. Three tardies WILL COUNT AS ONE ABSENCE towards the total count.

DNP – Did Not Participate Student was present at school and was present in FASST but did not participate because he/she said they weren't feeling well. He/she will be required to make up a portion of the time missed at the discretion of the coaches in order to be in the condition needed for their sport. Two DNP's WILL COUNT as an absence towards the total count.

ND - Not Dressed (in proper FA gear) Student was present in FASST and participated but was wearing something other than required FA Athletic shorts, shirt, and athletic shoes. The student will be required to stay after FASST class for 10 minutes that day or the coach has the option to postpone until the next FASST period to do extra conditioning. Each will NOT count as an absence.

1/2 CR will be given at the end of the semester on the report card when the requirements, as listed above, are met. Please see Parent Portal for an updated attendance record. Thank you for your support in raising the standard in FASST.

GAME DAY FASST ATTENDANCE POLICY

On days when students have a game, they are not required to come to FASST for roll to be counted present. However, prior instructions from a Head Coach are to be followed for game day expectations.

LIFETIME SPORTS

At Fellowship, we consider GOLF and CROSS-COUNTRY to be lifetime sports. Lifetime sports are sports in which students can continue to include as part of their recreational life well after high school and into their adult lives. If a student participates ONLY in a lifetime sport at Fellowship, they do not have to attend FASST. However, if they participate in a lifetime sport and another team sport, they do have to attend FASST.

OUT-OF-SEASON EXPECTATIONS

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season

head coach. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which will be required of all 9th – 12th grade student-athletes throughout the school year in FASST.

During the summer, all 9th – 12th grade athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities (at school and outside of school) for student-athletes to train when they can. If a student athlete is in town and not committed to a family activity, it is assumed that he/she will take part in summer workouts at the school, which includes strength, speed, and agility training.

PARENTS

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports have in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The athletic department needs parents to come alongside all sport's teams to serve in one or more of a variety of volunteer positions throughout the year. Team moms, travel coordinators, drivers, overnight chaperones, statisticians, videographers, concessions, admissions, field/court preparation or tear-down are just a few of the opportunities that provide much needed help and good community time between parents. Serving the athletic department also sets a good example for our student-athletes. The guidelines that follow are an attempt to provide a foundation for our joint effort to guide your sons and daughters through the challenging yet wonderful experience of interscholastic sports.

PRESENCE AT GAMES, PRACTICES OR TRYOUTS

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct and the player to perform without distraction from the stands. Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no! It is important to student-athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations which are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season. Practices and tryouts, which are considered valuable instructional and evaluation time, are closed to all non-team or program personnel, unless previously approved by the Head Coach. Invited guests are expected to refrain from disrupting tryout or practice sessions, and from interacting with players and/or coaches.

COACH AS LEADER

Each coach is prayerfully and thoughtfully considered, recruited, interviewed, and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team as well as the individuals

that make up the team. Coaches are with the team on a daily basis in practice and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she does not agree with them. It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

BOOSTER CLUB / VOLUNTEERING

It takes a lot of work to successfully run and manage a single game for fans (including yourself) to enjoy, let alone multiple games over a full season. Booster Club also reaches out into our community to host events that raise funds throughout the year. We are fortunate enough to have a Booster Club team that pours hours into providing home game conveniences and raising those funds to support the dreams and enrichment of our entire Athletic Department. The investment they provide for us goes hand-in-hand with the investment your athlete commits throughout a season or more. As parents, your time and commitment are just as vital to each sport as well and cherished amongst our department.

We rely on your support through volunteering with Booster Club and request that each athlete's parent(s) serve in one concession stand shift per sport (per semester for cheer). We don't want you missing your athlete's game so we will coordinate shifts for concessions prior to or after your athlete's scheduled game time as much as possible. We also understand that often jobs, other obligations, and frankly a lack of desire, prevent parents from being able to serve during their athlete's sport season, but ask that if you can't invest that time into the sport, consider investing monetarily to offset hours picked up in extra shifts by our regular Booster Club staff. This money is not paid to them; instead, the gesture makes it a bit more palatable when they're working multiple shifts during the week's game(s) or out seeking extra funding and hosting events. Please see the Booster Club Membership Form for more details. Remember, you are always welcome and encouraged to volunteer. We deeply appreciate your support.

COMMUNICATION

Direct communication between the coach and players is very important and is usually the best way for any questions to be answered or conflicts to be worked through. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic and preferably before a parent/coach conversation is scheduled.

Communication you should expect from your child's coach:

Philosophy of Fellowship Academy athletics

- Evaluation of your child's strengths/weaknesses in that sport
- Recommendations for improvement of sport skills
- Location and times of all practices and games
- Explanation of Fellowship Academy athletic rules and procedures
- Team requirements (i.e., special equipment, fees, off-season training recommendations)
- Procedures if your child is injured during participation
- Discipline that results in denying your child a participation opportunity

Communication coaches expect from parents:

- Concerns that are expressed directly to the coach
- Specific health concerns or injuries dealing with your child
- Notification of any practice or game schedule conflicts well in advance
- Specific questions regarding Fellowship athletics and or parent expectations

As your child continues their participation in the athletic program, they will experience some very rewarding moments. It is also important to remember that there will be times when adversity and disappointment inevitably occur. At these times discussion with the coach is encouraged.

Appropriate issues to discuss with coaches:

- The mental and physical treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept that your child may not play as much as you, or perhaps they, hoped. Coaches are professionals. They are charged to make judgment decisions based on what they believe is equitable and best for all the athletes involved. As you have read in the list above, certain items are open for discussion with your child's coach. Other decision-making must be left in the hands of the coach assigned the responsibility of coaching your child's team.

Issues NOT APPROPRIATE to discuss with coaches:

- Playing time
- Individual position assignments
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and parents. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedures to follow when you discuss a concern with a coach:

1. Contact the coach by school phone or email to set an appointment
2. Describe your specific areas of concern

3. Limit your discussion to your own child's issues. Do not discuss issues pertaining other athletes or parents unless they specifically involve your child

Do NOT confront a coach before or after a game or practice. These can be emotional moments and meetings of this nature are not likely to promote resolution. Try to exercise the 24-hour rule – wait 24 hours before contacting a coach to allow our emotions an opportunity to dissipate.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call to set up an appointment with athletic director and coach to discuss the situation
2. At this meeting, the next appropriate steps can be determined

COMMUNICATION – EXTERNAL

All press releases must be approved by the Athletic Director or his/her appointed contact person within the athletic department (calling in box scores to the local newspaper is not considered a press release and should be the responsibility of the Head Coach or his/her appointed contact person). Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of our athletic events.

Parents should never contact opposing schools, officials or the TAPPS office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with Fellowship Academy's Director of Athletics.

VIDEO-TAPING/FILMING

Parents may film or videotape any game in which their son/daughter participates, but the film/videotape may not be viewed by the athlete or coaches until the game is over. Parents may not film or videotape any contest in which their son/daughter is not participating.

PLAYOFFS

If a team or an individual advances to post-season competition, the costs associated (travel, accommodations, meals, gear, fees) will be paid for by:

1. 1/3 from Booster Club
2. 1/3 from Athletic Budget
3. 1/3 from Parents

TAPPS

Fellowship Academy participates in the Texas Association of Private and Parochial (TAPPS) for grades 9 through 12 in the sports of football, volleyball, cross country, boys and girls basketball, softball, baseball, track, golf and tennis. TAPPS, which has been around for over 30 years, is one of the largest state associations of private schools in the nation with over 250-member schools that compete in five classifications. The purpose of TAPPS is to organize, stimulate, encourage and promote the academic, athletic and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship and wholesome competition for the 38,000 boys and girls in its member schools.

No member of the FA community should engage in the inducement of non-FA students for the sole purpose of athletic participation. Inducement includes but is not limited to providing or arranging the payment of tuition, lodging, transportation, payments of cash or promise of a college scholarship. School coaches may not transport, register or instruct students in grades 9-12 from their school in baseball, basketball, football, softball, or volleyball, except during the TAPPS season, or approved athletic period from August 1 until TAPPS activities end in the spring, usually mid-May. School coaches may not give any instruction or schedule any practice for an individual or a team during the off-season except during the one in-school day athletic period in baseball, basketball, football, softball and volleyball.

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2020-2021 PARENT & STUDENT ACKNOWLEDGEMENT

I have read and understand the Athletic Handbook for the 2020-2021 school year, and I agree to abide by its rules and guidelines.

Student Athlete Name (Please Print)

Grade

Student Athlete Signature

Date

Parent Name (Please Print)

Parent Signature

Date

Parent Name (Please Print)

Parent Signature

Date